



CHEVAL BLANC RANDHELI

Noonu Atoll, Republic of Maldives

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FITNESS CENTRE

Overlooking the idyllic turquoise waters of the Maldivian sea, the Cheval Blanc Randheli Fitness Centre offers a workout facility outfitted with state-of-the-art Technogym equipment and unspoilt views of our stunning landscape.

From circuit training sessions to personalized yoga, Indoor cycling courses or Pilates sessions, our certified Fitness Centre Instructor Roman Bochkarev is on hand to provide the ultimate well-being experience.

In the following pages find a diverse selection of fitness classes that are included with use of the Fitness Centre.

Each of these fitness classes may be converted to a privately coached session. Our Ambassadeurs are delighted to assist with bookings of private sessions and fitness consultations.

Private booking is essential for all sessions.

Individual

60 min \$140++

Group

60 min \$170++ per couple

60 min above \$ 75++ per person from 3 people and

FITNESS CLASSES

Core Conditioning

60 min

This mat-based session harnesses exercises and positions that primarily focus on strengthening, sculpting and toning muscles that make up the abdominal core area. A unique and effective method, the entire body is challenged with these exercises, leaving you feeling an overall improved stability and balance.

Benefits : This bespoke class ensures focused toning and increased strength, specifically in the core area and lower back. As your muscles strengthen, support to the spine increases which significantly aids in prevention of back injuries. Core training also boosts metabolism, promoting weight loss and general healthy living.

Circuit Training

60 min

Circuit Training is a form of conditioning that offers the ultimate all-over body workout. It consists of timed stations of high-energy cardiovascular exercises combined with muscular endurance and strength training. A versatile session that can be easily adapted to within the Fitness Centre or in-villa, this session makes optimal use of the surroundings and environment.

Benefits : This intense and focused session will effectively burn a high number of calories in a short period of time. It facilitates strength building, muscular endurance, all-over body toning and cardio fitness as well as increasing mobility, stamina and endurance.

High-Intensity Interval Training (H.I.I.T)

60 min

HIIT is an enhanced form of interval training, alternating periods of short, intense anaerobic exercise with lower intensity recovery periods. Based on the principles of plyometric training, explosive maximum energy movements are performed in short bursts of time for the ultimate fat burning experience.

Benefits : In addition to increased strength and cardio fitness, other benefits include muscle sculpting and toning, encouraged weight loss (for up to 48 hours later), enhanced joint stability, mobility and flexibility. This session is advised only for those who are habitually active and athletic.

Aqua Fitness

60 min

Aqua Fitness is a fun and social way to get fit and stay cool in the sun, in the privacy of your villa's infinity pool. The natural resistance offered by water helps to build strength in muscles and tone without any damaging impact on joints or bones.

Benefits : Back and abdominal muscles are engaged against the natural water resistance in a low-impact, medium-intensity effective workout. Due to natural water buoyancy, Aqua Fitness is proven to be a beneficial workout during pregnancy or for those with muscular and/or joint concerns.

FITNESS CLASSES

Boxing

60 min

Partner with a Fitness Centre Ambassadeur or bring your own sparring partner for these intensive, exhilarating drills. Boxing mitts and pads are worn while executing punching and kicking techniques, elevating the heart rate, building stamina and toning the entire body. Tailor the intensity of your workout with the addition of heart-pumping exercises such as plyometrics and interval training.

Benefits : Boxing helps to reduce stress and frustration whilst toning the entire body, particularly the arms and shoulders. It is also an effective weight loss exercise due to the high amount of energy expelled. Strength, endurance and stamina are also increased.

Prenatal & Postnatal Fitness

60 min

Our certified Ante/Post Natal trainer will produce a programme including gentle muscle strengthening, low-impact cardiovascular exercises and stretching, predominantly focusing on the areas of the lower back and pelvic joints. Post-natal sessions will also place specific focus on safe, healthy weight loss and effective toning to target the effects of pregnancy and childbirth.

Benefits : This session has significant benefits for both mother and baby. Apart from preventing excess weight gain, these sessions increase endurance, improve circulation, strengthen pelvic muscles and aid in the prevention of backaches.

Tennis Fitness

60 min

A training session focused on strength, endurance, agility and reducing injury risk, for anyone who loves to play tennis

Benefits : The exercise is chosen specifically to increase speed, flexibility, balance and body awareness, while lowering risk of injury.

Kids' & Teens' Fitness

60 min

These sessions are specifically created to assist kids and teens in developing their fitness and health whilst installing positive-thinking and healthy-acting habits from an early age. Whether Fitness Centre-based exercises or outdoor activities such as boot camp, football, beach competitions and tennis (additional cost), the kids are off to a personalized journey of fitness.

Benefits : Exercises are chosen specifically to enhance growth and strength through a fun-filled variety of activities.



FITNESS CLASSES

Stretching

60 min

A relaxing class comprised of slow, deliberate stretches to increase flexibility in all primary muscle groups. Most of the session is spent on a padded mat in either prone, supine or kneeling positions and are modified to suit individual preferences and flexibility levels.

Benefits : With similar benefits to massage, stretching allows for an increase in blood flow and circulation to overactive muscles that have contracted due to stress or immobility. In addition to muscle reparation, stretching also improves flexibility for long, lean muscles and can aid in correcting posture.

Pilates Reformer

60 min

An amazingly elegant and unique apparatus, the Reformer is the most popular Pilates apparatus designed by Joseph Pilates. It consists of a carriage that moves back and forth along tracks within a frame. The resistance is provided by the exerciser's body weight and a set of springs attached to both the carriage and the platform.

Benefits : These unique personal training experiences enhance the mind and body connection.

Note : Pilates Reformer apparatus is available for Individual Training only.

Indoor Cycle

60 min

A workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, the instructor takes you on a journey of hill climbs, sprints and flat riding. Indoor Cycle is a great way to build up your sense of personal achievement and boost your cardio fitness.

Benefits : Indoor Cycle improved metabolism, working major muscles, lots of calories burned and energy boost

Private booking is essential for all Pilates sessions.

Individual

60 min \$140++

Group

60 min \$170++ per couple
60 min \$ 75++ per person from 3 people and above

GENERAL CONDITIONS

Private Yoga Sessions: Private yoga sessions are available for all guests for USD\$115++ for 60 minutes and USD\$130++ for 90 minutes with recreation centre or Spa yoga instructors. These sessions may be hosted at the Spa, Fitness Centre, La Petite Gym, beach or in the privacy of your villa.

Abilities: We welcome all abilities for our sessions and programmes as we are able to adapt and modify all exercises to suit the specific needs of the individual. A form filled out prior to the session will help us to establish current exercise ability and frequency so we may effectively create a programme specifically for you.

Location: Sessions can be enjoyed in a range of stunning locations across the resort including the Fitness Centre, La Petite Gym, privacy of your own villa, Spa island or the beautiful beaches of Randheli. Our certified Fitness Centre and wellness Ambassadeurs are delighted to advise on best-suited locations for chosen sessions.

Health Advice: To ensure a healthful and safe workout, our Fitness Centre Ambassadeurs suggest eating no later than 60-90 minutes prior to your session. A health and medical form is required to be submitted prior to your session. This information will be kept strictly confidential and will only be used in order to adapt your session to any pre-existing, relative health conditions.

Bookings and Cancellations: Bookings can be made through your Alchemist, Majordome or to the Fitness Centre directly. Should you need to cancel or modify a session, please advise the Fitness Centre at least 1 hour prior to the session. For Tennis we will require a 3-hour notice to avoid a fully chargeable session.

*Children below 14 years old should be accompanied by a guardian to access to the Fitness Centre.

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